

# GROUP FITNESS

## CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:05am	<b>Laurie</b> <i>5:45 Aqua Fit</i>		<b>Shannon</b> <i>Pilates</i>	<b>Paige</b> <i>5:45 Aqua Fit</i>	<b>Paige</b> <i>6:30 Aqua Fit</i>	
7:05am		<b>Paige</b> <i>Body Conditioning</i>		<b>Paige</b> <i>Aqua Fit</i>		
8:05am	<b>Kim</b> <i>Body Fit</i>	<b>Laurie</b> <i>Body Fit</i>	<b>Shannon</b> <i>Body Fit</i>		<b>Paige</b> <i>Body Fit</i>	
9:05am			<b>Kathy</b> <i>Silver Water Aerobics (65+)</i>			9:00am <i>Instructor Choice Pool or Land</i>
10:05am <i>65yrs +</i>	<b>Carla</b> <i>Silver Sneakers Circuit (65+)</i>	<b>Kathy</b> <i>Silver Sneakers Classic (65+)</i>	<b>Carla</b> <i>Silver Sneakers Circuit (65+)</i>	<b>Laurie</b> <i>Silver Sneakers Classic (65+)</i>		
11:05am <i>65yrs +</i>	<b>Carla</b> <i>Silver Sneakers Yoga (65+)</i>	<b>Kathy</b> <i>Silver Sneakers Yoga (65+)</i>	<b>Carla</b> <i>Silver Sneakers Yoga (65+)</i>	<b>Laurie</b> <i>Silver Sneakers Yoga (65+)</i>		
12:15pm <i>35min class</i>	<b>Kim</b> <i>H.I.I.T.</i>	<b>Kim</b> <i>Stations</i>	<b>Shannon</b> <i>Pilates</i>	<b>Laurie</b> <i>Step</i>	<b>Paige</b> <i>Bootcamp</i>	
5:05pm	<b>Shannon</b> <i>Yoga</i>	<b>Laurie</b> <i>Aqua Fit</i>				
6:05pm			<b>Paige</b> <i>Aqua Fit</i>			

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## CLASS DESCRIPTION

SCALE

OF

INTENSITY



Check the *intensity* of your class by the color of the name: **green** is Low, **orange** is Medium, and **red** is High intensity

### Body Fit (Medium)

A combination of body movements and weights, with the use of amped-up music for cardio will help you achieve your goals of fun and fitness! We use a variety of free weights, balls, and resistance bands in this class: Get ready to sweat!

### Body Conditioning (Low to Medium)

Stretching and deep tissue work, with a mixture of low-intensity pilates and yoga moves will help relax your muscles and increase your range of motion. This class is a perfect fit for all fitness levels!

### Pilates (Medium to High)

This conditioning routine will help you gain the flexibility and core strength to emphasize stronger muscles and endurance. By focusing on deep breathing, you'll notice how Pilates highlights pelvic and spinal alignment with balance and stabilization. Sessions range for all ages and activity levels and movements can be increased as your body begins to adapt and condition.

### Yoga (Medium to High)

Yoga is a mind-body method that entails you to become gentle with yourself. Learn how to move with awareness as you ease through transitions and learn the basic principles of alignment. These Yoga sessions will improve flexibility, enhance your health, and teach you to release and relax daily stressors. Sessions are for all ages and activity levels, lasting 60 minutes that includes meditation.

### H.I.I.T. (High Intensity Interval Training) (HIGH)

HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind. Modifications for most fitness levels are provided.

### Stations (Medium to High)

Perfect for all levels of training experience because you go as fast as you want to go! We will work both our muscles and our heart through weight training and movement training. With predetermined exercise and recovery periods, you can control how hard you want to push yourself, and what you want to get out of the session.

### Silver Sneakers Classic (Low)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, balance, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is available if needed for seated or standing support.

### Silver Sneakers Circuit (Low to Medium)

Combine fitness with fun to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing, and a ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.

### Silver Sneakers Yoga (Low)

Move your whole body through a complete series of yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation promote stress reduction and mental clarity.

### Silver Water Aerobics (Low)

Have fun in the pool while getting a total body workout! Low impact movements with a combination of strength, cardio, and gentle stretching will help alleviate joint pain, increase range of motion, and help you enjoy activities of daily living.

### Aqua Fit (Low to High)

Cross-training aqua-style! A mixture of heart-pumping intervals, strength work and dance/kickboxing cardio will change the way you view your average water classes!